



focus

Vol. XV, No. 2

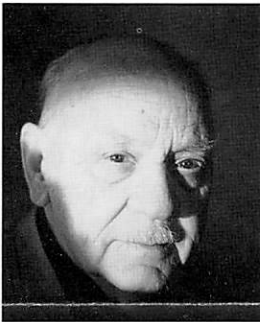
A Newsletter Of The Monroe Institute

Spring 1993

A DIFFERENT OVERVIEW?

by Robert Monroe

We keep using the term frequently, and I suspect there are often the unasked questions "What do you really mean by that label?" "How different?" "Why different?" "Why change?"



Let's keep it clean and simple. Overview: This is how each of us perceives ourselves and the world in which we live. Yours is not exactly the same as mine, although we have much in common. Each is derived through experience and information gathered by personal communication objectively and emotionally within your own life pattern.

It is a meld of knowns, love, beliefs, hopes, fears, emotions, animal drives, addictions, mystique, illusions, propriety, all interwoven into a pattern of personality that determines our individual thought and action. It is what we truly are, as against what others may think we are.

Why a Different Overview (D/O)? Each day your Overview changes, usually very slightly and uncontrolled. If one desires rapid growth, changes must be willful and directed at the very specific areas that hamper the expansion you desire.

Do this and you immediately have the beginnings of a very real D/O that can alter your life constructively, whoever you are. The process is to convert any item above

the LD into Knowns. The results are spectacular, especially from Unknowns into Knowns. Remember, such conversion is applicable to and for you and no one else.

How to get started? Use your analytical self. Take a blank paper and draw across the middle a Line of Demarcation, like this: LD _____ LD

Now, take the position that everything above the line is Unknowns, the source of all your worries, fears, anxieties, hopes, and desires. Write them in. Below the line, list all of your Knowns, some of which may offer challenges or problems, but not fear.

Just above the line, yet penetrating it in part, are the many beliefs and hopes that constantly distract or disturb your life pat-

Continued on page 3

AN EXCURSION INTO HEALING

by Julie Mazo

All participants in *EXCURSION* workshops, offered exclusively by TMI's accredited Trainers, have their own stories, and each is unique. As with every Hemi-Sync experience, there's no predicting. Hemi-Sync is the tool; what the listeners do with it is up to them. Here's one story, as reported by the participant and by the Trainer as well, reflecting one kind of experience that can result from this empowering weekend.

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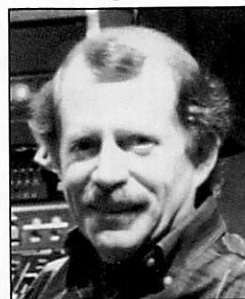
BEYOND BE-LEAF

by David Wallis

Dave first became involved with The Monroe Institute in 1979 as a volunteer, primarily in the research laboratory. There he designed the lab systems, installed electronics, and served as a technician during EXPLORER sessions. Dave served as a technical consultant to TMI until 1990, when he joined the staff as a full-time systems test engineer.

The Monroe Institute lies in the heart of the Blue Ridge Mountains near the world-famous Skyline Drive.

People come from very far away to see our spectacular landscapes and view



the autumn colors as the leaves change.

I, too, love the natural beauty and have learned to enjoy the peace and quiet of an autumn afternoon in the woods near the Institute. One Saturday I walked upstream, following a spring-fed creek, and sat down on a large rock in the sunshine. I watched the water flow toward me and then swirl around the rock. The soothing sound of the water and the restful solitude of this spot in the wilderness had such an effect on me that I became very still and emptied my mind to watch the water moving toward the base of my rock.

A slight breeze moved through the tree-tops and a brown leaf fell to the surface of the water. It rapidly washed around the rock and on downstream. Another leaf fell, this one golden, and followed a different path on the water. I watched as it was pulled under and got stuck on a stone at

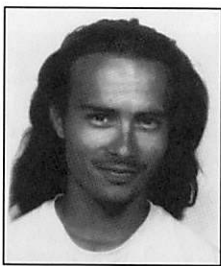
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HANG GLIDING AND PAST-LIFE REMINISCENCE

by Eric Gagnon

Eric Gagnon, a hang gliding pilot who bails from Quebec, Canada, shares this account of a healing journey taken through time.

My favorite weekend activity is piloting hang gliders. For me it is more than a sport; it is an art, a philosophy. To fly gracefully, you need to be at peace with yourself, your wing, and nature. As you take off, it is automatically the right brain that takes command. Both space and time are distorted. It is pure emotion, with neither words, nor logic—very much like in the OBE state. The less you think, the better you fly. You become the artist of the sky who leaves only air and vapors after performing his art.



But sometimes, your art may leave more dramatic traces on the field . . . or on you. These events may happen anytime, but they are more likely to take place when you are not listening to one of the three elements (i.e., yourself, your wing, and nature). On August 4, 1990, I was not in harmony with myself. I decided to pilot a new high-performance glider in turbulent conditions. I broke my right arm on landing because of a bad approach.

A few weeks after the accident, my physician decided to operate on my humerus, which was too damaged to restore itself. He put the three pieces together and screwed back a fragment to my bone. Because this multifracture was near the elbow, he was not so sure about my possible degree of recovery. A week after the operation, the results were not encouraging. I was not able to move my elbow more than ten degrees back and forth. I decided to order the *EMERGENCY SERIES* to help me in my physiotherapy sessions.

At that time, I was also taking the *GATEWAY EXPERIENCE* at home. I was exploring Wave III, *Freedom*, neglecting the second

Wave to go more rapidly to regular OBE states. However, something held me back from pursuing Wave III. It was more than a feeling; it was physically impossible for me to listen to the tapes. I was disturbed all the time during the sessions, and when it was quiet, I slept on the tapes. "I want to escape; I want to fly; I want to forget everything about my state, my pain, my bolted arm!" I kept telling myself. One morning I made the mistake of taking *Problem Solving* instead of *Remote Viewing*. After a moment, I noticed I was not listening to the right tape. "OK, OK, let's go through this tape, I'm not gonna get up now and risk feeling the pain again." Nothing happened then, but I was now convinced that there was a reason for my accident. A deeper reason, a reason that was within me, that was a part of me.

I was now thinking about the whys of the accident, instead of the hows of escaping the pain. Then one day I had a flash: I was an Indian (Amerindian) with a feather in my hair. I was looking toward my right arm. There was no right arm! I screamed and I screamed: "There is no arm there!" I suddenly opened my eyes. I smiled, thinking what a silly thought that was. The days following this, I was continuously asking myself, "Will I ever be able to practice archery again?" I was taking this question very seriously then, even if I did not usually practice the sport!

I searched for other answers, playing and replaying the tape. It was useless. The "Indian vision" was too bright in me. "Now, Eric, get into your body! Forget this exotic vision! Stop making tales about what is reality, dumb reality!" I must say that I have a natural tendency to beautify reality; to make noble what is humble. Sometimes it serves me well; other times it prevents me from seeing the plain truth.

"I must verify my intuition; I don't believe it, but I must know if it's true." So, I went to see a medium. Yes, the student in computer sciences went to see a medium.

I had to fill up a sheet with fifteen questions I wanted to ask the medium. I had never spoken to the woman before and she had never seen me. She was only aware of my name and my date of birth. She told me that my accident was a "karmic" something inherited from a past life. I had lost my

right arm in a silly accident, and I had never really accepted it. She told me that, for an Indian, this is very difficult to accept. An Indian! I really was an Indian somewhere in myself! A girl named Laura then tried to help me overcome my condition, but I let myself die of pneumonia a few years after the accident—it was not exotic after all. I am still moved by this declaration today.

At the end of the consultation, the woman told me to get into my body and to meditate about my condition. "Sometimes you must get into that kind of painful experience to understand something." So, my attitude was also right! I must face the situation instead of escaping. It is not something easy to do for someone like me, who has developed so many ways of escaping reality. That last sentence from her made me truly realize that the *GATEWAY* program is really a way of *self*-exploration; a way among others; that the answer can always be found within myself.

The last thing I had to accept is that I am not only carrying along my experiences from this life, but also the experiences of all the lives I previously had. What a terrible thought! Sometimes, ideas are more painful to accept than bad accidents. Nevertheless, I overcame my accident—my arm is in perfect condition—and I also realized something even more important than the origin of my broken arm. It is that we not only carry with us the mistakes of our past lives, but also their victories. The knowledge of that concept made me feel strong and tall. I am my own victim and my own master. I have the power to choose between the two. In the "victim state" you do not have to feel in charge, but you are suffering a great deal for nothing. In the "master state" you become the craftsman of your destiny, but you must also accept the responsibilities.

As for myself, I choose the second state, not to escape from suffering, but to understand things. To climb my mountain with my eyes open. To plunge my roots in the deepest soil and have enough energy to stretch my branches up to the clouds. And sometimes to borrow the eyes of a bird to see things from another view—if the bird wants to, if nature wants to, and if I want to.

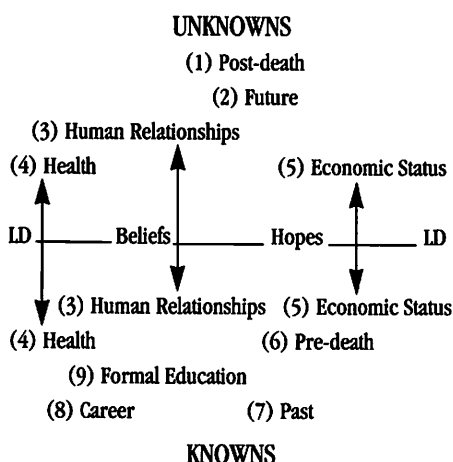


OVERVIEW

Continued from page 1

tern. Each contains both Knowns and Unknowns in unequal percentages.

Your LD will generally start like this:



After you have completed the insertions on your personal chart, mark each one with a priority number. You are then ready to begin the D/O Daily Change.

D/O DAILY CHANGE:

1. Do something, anything, no matter how small, to move the top five priorities from their listed category into the direction of Knowns below the LD. It is rare that such can be done instantly. Even slight progress can be intensely rewarding.
2. Insert new Unknowns, hopes, or beliefs as they come into your awareness and interest.
3. Change priorities daily as you change.
4. Maintain and strengthen your foundation of Knowns.
5. After enough attempts satisfactory to

you, delete (as illusion) from your chart any beliefs or hopes that cannot be made to move even slightly in the directions of Knowns below the LD.

6. Use the basic pattern: prove it to yourself first of all; no one else is important. Once is interesting. Twice may be coincidence. Three times, a solid Known.
7. Conversely, there's nothing wrong in being stubborn. Don't give up too easily. Remember, the bigger the Known-to-be, the greater the personal reward (change).
8. Keep a diary—candid and in detail. It is the only way you can verify your progress in various areas.
9. A Different Overview is the only route to you becoming truly you. Keep this in mind each day.



PRISMS RECEIVES TOP HONORS!

TMI and Interstate Industries just can't help boasting! In addition to the commercial success of the *METAMUSIC ARTIST SERIES* titles (including distribution through the Book-of-the-Month Club and Quality Paperback Book Club), the tapes have received acclaim from several quarters. Most recently, P. J. Birosik, a well-known and widely published contemporary music critic, bestowed the headiest tribute to date with the following review.

Everyone's heard of smart drugs by now; this is smart music! The extremely peaceful and melodic release features The Monroe Institute's advanced brain hemisphere synchronization (Hemi-Sync) sound technology; this simply means that all notes and tones are arranged to gently lead the listener into a focused, whole-brain state of consciousness without effort.

The benefits, besides musical enjoyment, include enhanced relaxation and stress reduction, heightened creativity, deeper and more profound meditation, as well as inspired reverie; it's the ultimate massage music, too, when played on an auto-reverse sound system. Instead of being divided into songs separated by

silence, Prisms has each pretty passage seamlessly segueing into the next, allowing for continual, uninterrupted listening pleasure. It's easy to relish the soothing sounds of keyboards and ethereal bells, unwind to richly resonant woodwinds, and soar on softly muted synth.

This is the best authentic New Age music release of 1992!



RESEARCH ASSISTANCE HELPS US "MAKE THE GRADE"

During 1992, a substantial financial contribution and a donation of technical expertise made a big difference in the capabilities of The Monroe Institute research laboratory. Martin Fong's donation of \$2,000 enabled us to upgrade the Amiga sound-producing computer and the NRS-24 brainmapping equipment for simultaneous brainmapping of two people. This allows us to determine if there are indications of an empathetic response between healer and subject. Bill Roberts's generous donation of his time and skills added 8MB of RAM and a 120MB hard drive to the 386 computer. Martin and Bill, thank you for helping us turn possibilities into probabilities!



BEYOND BE-LEAF

Continued from page 1

the bottom of the stream. Still another leaf fell, this time a bright green one. My rational "left brain" said, almost automatically, "That leaf is perfectly good; there's no reason for the tree to get rid of it." Then, mental silence again, deeper than Focus 12.

The leaves continued to fall, one by one, onto the surface of the stream, and move toward me, then disappear from view. All at once it hit me; I was being shown an exquisitely beautiful representation of how I deal with beliefs (be-leaves). Some are obviously old and need to be dropped to allow new ones to take their places. Some drop away but remain stuck, hidden on a snag beneath the surface. Others that look good at first glance—green and healthy—nevertheless must fall away for change to take place. Laughter and joy filled me as I realized I had received a deep understanding in that spot in the wilderness. My left brain had been given a visual analogy from nature that made a powerful impact.

My belief/be-leaf system will never be the same again.



EXCURSION

Continued from page 1


From the participant's journal: "The many attempts I had made over the past few months to meditate, raise my consciousness, expand my awareness, etc., had been fruitless. P's [the Trainer's] description of the effects of Hemi-Sync was just what I was looking for—a tool to help me enrich my quiet times. . . . As we listened to the first tape I felt my body tipping as in an airplane. The top of my head began to feel light."

When it was time for the final tape of the day, the participant later recorded that she was acutely aware of abdominal pain that had been with her for six weeks, and felt that the discomfort would make it impossible for her to concentrate on the tape exercise. Not only did she relax, but the pain subsided. "I could feel what seemed like my intestines rearranging themselves. . . . After the tape, P. said she had observed 'a young lady kneeling at your head.' My grandmother. I knew it!"

The Trainer picks up the story later that evening, when the participant showed her a

photograph of this very special grandmother, who had been dead for three years. P. recognized the woman in the photo as an older version of the woman she had seen during the tape, and said, "The energy around this photograph was so profound, but when I took the picture in my hand to view the face . . . this extreme energy flew out of the photo, raced around the room, and came back toward [the participant], passing through my body."

The participant shared with P. that the abdominal pain she had been consistently experiencing during meals had been absent at dinnertime that evening. Usually an obstruction was evidenced by a knot that showed on the surface, and a swelling of the stomach. Both the knot and the swelling were gone. P. added that the participant is a trained scientific observer.

P. goes on to say she believes "There is a larger purpose for the weekends, and I am given the privilege of being the instrument to bring about this larger purpose in the lives of [EXCURSION participants]. It is so meaningful for me to have a part in the 'giant steps' forward for these people." 

HUMAN PLUS ODYSSEY

Community college instructor **Barbara Bullard** encountered HUMAN PLUS in the spring of 1989. For a decade she had been lecturing on the importance of bilateral synchronized brain waves for superlearning (or a super performance state) and also recognized that synchronization, in a slow alpha/theta rhythm, was a key factor in eliciting the "trophotropic response," the body's autonomic healing mechanism. Barbara had experimented with a variety of audio-tapes, none of which aided learning or truly facilitated the desired self-healing response. When a friend shared a new brochure from The Monroe Institute touting H-PLUS, the instructor and her advanced undergraduate class in intra-personal communications decided to give the tapes a "test drive." In her words: "Having tried many other tapes that looked promising but did not pan out, I was pleasantly surprised by the positive impact of the tapes, as reported by the students, within two weeks. The tapes truly seemed to help in the self-change and self-healing work for the students."


This experience catalyzed her decision to attend a GATEWAY VOYAGE in the summer of 1989, and subsequently to join the Professional Division and attend the Professional Seminar at The Monroe Institute the following summer. During the seminar Barbara saw computer-generated brain maps of individuals experiencing Hemi-Sync—objective evidence of hemispheric synchronization produced by Hemi-Sync tapes. In this, the first of a four-part series, Barbara Bullard shares with the FOCUS some of the results and benefits she has observed when H-PLUS is used to assist the learning process.

FOCUS: So, Barbara, you mentioned that your previous experiences had left you skeptical about the capability of tapes to enhance the learning process. What was



INNER CIRCLE GROWS

We have been delighted to welcome to the *INNER CIRCLE* the many new participants who recently donated \$500.00 or more to help fund our ambitious program of research. This special group of donors contributes to the Institute's efforts in two ways. The dollars for improvements to laboratory equipment and facilities are enormously helpful. The uniqueness of the *INNER CIRCLE*, however, lies in direct participation. As the laboratory develops new Hemi-Sync patterns and hypothesizes appropriate applications for these frequency combinations, the *INNER CIRCLE* group tests and reports on the new work. The significance of this contribution extends far beyond the financial support.

We extend our sincere thanks to all *INNER CIRCLE* participants, old and new, and a warm invitation to all our Institute Members to consider becoming part of this special group. 

SPANNING THE SPECTRUM OF HUMAN CAPABILITY

What is *LIFESPAN 2000*? On this quarter's member tape, an in-depth interview with Bob Monroe, Trainer Joe Gallenberger, and *LIFESPAN* participants takes you behind the scenes of the newest program utilizing the Hemi-Sync technology. They discuss how *LIFESPAN* proceeds from the primary tenet, "I am more than my physical body," to support the opening of our physical being and to access the extraordinary capacities inherent in each of us. In the process, inner and outer imposed limitations fall away to reveal infinite possibilities. On Side Two, an intensely experiential *LIFESPAN* exercise provides a relaxation encoding and an introduction to and Free Flow within the specialized Access frequencies. Enjoy!

THE HUMAN-DOLPHIN BOND

The service coordinator of the Dolphin Energy Club finds the days enriched by many contacts with the DEC membership—letters, telephone calls, or face-to-face encounters. No fewer than eight participants at a recent LIFELINE were DEC members! Several who took time to visit were concerned about imposing on dolphins during their healing work. The following essay by Madelyn Freeman, clinical psychotherapist at the Munro Clinic of Guy's Hospital, London, England, offers another perspective on human-dolphin interaction, intimating that this work may actually benefit all parties immensely.

The symbolic dolphin

Some time ago I was asked by Dr. Horace Dobbs to form a project with a view to investigating the more abstract elements existing in people's overall relationship to dolphins. This we did and, under the name of "The Human-Dolphin Bond Project," we requested details of dreams and extrasensory states of awareness in an attempt to segregate the common threads running through these experiences.

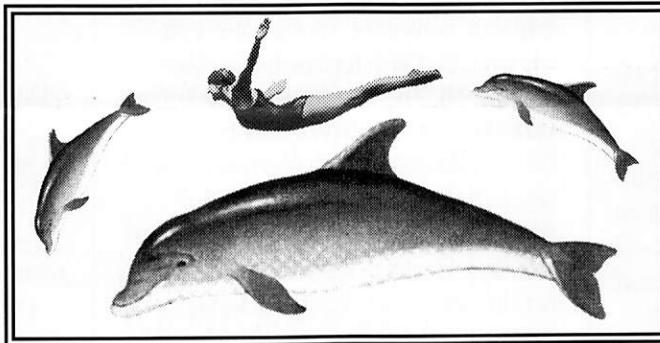
From the correspondence received, a "symbolic dolphin" surfaced from the seas of the collective unconscious. No doubt it gained some of its present-day propulsion from the fact that earlier incarnations of the dolphin were attributed both to the sun god, Apollo, who exemplified the spirit of prophecy, music, and healing, and to the goddess Aphrodite, who exemplified the feminine principles of love, sexuality, and beauty.

Tribal teachings

Yet, it is not only in the Greek histories that we find spiritual significance given to the dolphin. One of the more fascinating myths appears in early African tribal teachings, connecting the dolphin to the aquatic gods [who] came down to our solar system from the star system Sirius. This two- (or possibly three-) sun system accords with an ancient teaching of the esoteric tradition, which asks us to worship the "sun behind the sun." If we translate this into modern

terminology, it might suggest that we look behind the obvious for true illumination. Perhaps these myths have preserved something previously known and understood by so-called primitive peoples, namely that our origins have included an aquatic phase. Sir Alistair Hardy, in his hypothesis on the aquatic ape, declared that somewhere in the predawn civilization we shared a semiaquatic past with the dolphins, which could, in part, account for the depth of instinctive emotional response people feel whenever the subject arises for discussion.

Looking at the dreams that people have written down and sent to the Project, it is clear that the dream dolphin appears to come into the lives of those individuals who are undergoing some form of emotional stress. As in classical times, the dolphin is still found officiating in dreams that express death—guiding the soul of the departed toward the next element of



its journey. Dolphins clearly come to assist us, at least symbolically, toward a deeper understanding of our human dimension, thus helping us to cope with the demands of our consciousness. By reaching out to them are we in fact enlarging our own scope for self-guidance upon the mysterious depths of life?

It is not only in dreams, however, that we are struck by our need to understand. A symbol may be too abstract for some inquiring minds, but the dolphin still intrigues. Take, for example, the brain size of cetaceans, which has long puzzled science. Why has nature provided them with such sophisticated equipment if they are not intelligent or as conscious as man? The point of view of many is that cetaceans do, in fact, possess a high degree of intelligence, and their perceptual dimension is as yet undefined in our

terms. Could it be that we will strike a chord of appreciation as we achieve a deeper understanding of our own perceptual capacities? Adhering to the principles of "know thyself," these extrasensory states and dream images are good places to begin this uncharted search.

If we are to project satisfactorily onto the dolphin a vision of meaning and purpose for our individual lives, first we need to grasp more fully the meaning of consciousness. We are asking them in dreams to reveal themselves more fully, to guide us to a safer shore where we can exist together in harmonious productivity. We need to consider not only what can be done on a collective level to bring about this ecological balance but how we can live more balanced lives as individuals. We cannot escape these deeper messages from the dream dolphin.

Fantasies

Unless we become aware of both the rational and non-rational elements of our thinking, we can never become "dolphin-like." We can create splendid fantasies about whales and dolphins saving the world, but they will most probably end in disillusion unless we come to grips with ourselves. Dolphins are currently carrying this hopeful and powerful archetype for us; perhaps they are asking us to dive into the seas of our own unconscious to reemerge more like them. We would be doing them a reciprocal service if we did so. The Human-Dolphin Bond Project is still ongoing and welcomes views of any description—let us dare to explore our imaginative seas together, if we cannot reach the dolphins personally. I am sure they will not mind. [For Human-Dolphin Bond Project contact information, see the "Hemi-Lync" column in this issue.]

To submit healing energy requests to the DEC membership on behalf of yourself and/or others, contact Shirley Bliley, DEC Service Coordinator, at The Monroe Institute, Rt. 1, Box 175, Faber, VA 22938-9749 or telephone (804) 361-9132. Membership in the Dolphin Energy Club is \$35 for TMI members and \$50 for nonmembers. Its benefits include a Hemi-Sync audiotape with personal and other-directed healing exercises.



THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1993

GATEWAY VOYAGE

April 17-23
May 8-14
June 5-11
July 10-16
August 7-13
September 11-17
October 9-15
November 6-12
December 4-10

GUIDELINES II

(A Graduate Program)

June 19-25
August 14-20
October 16-22
December 11-17

PROFESSIONAL SEMINAR

July 24-30

LIFELINE

(A Graduate Program)

April 24-30
June 12-18
August 21-27
September 18-24
November 13-19

LIFE SPAN 2000

May 15-21
July 17-23
September 25 - October 1

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia, 22938-9749. Telephone: (804) 361-9132 The FOCUS contains current information on Institute activities, applications of the Hemi-Sync™ technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

Managing Editor: F. Holmes Atwater. Assistant Editor: Shirley Billee.

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item (no personal advertising, please!), write or call the TMI FOCUS, The Monroe Institute.



Books

These books may be acquired through your local bookstore. They are not available from TMI or Interstate Industries.

Animal Immortality, by Bill D. Schul (\$9.95, softcover, Carroll and Graf), contains fully documented case studies of domestic and other animals whose spirits have been known to return to the site of their life activities. Bill Schul, a former *GATEWAY VOYAGE* Trainer, also draws from his personal experience during programs and from Bob Monroe's books to provide examples of communication with deceased animals.

Healing Myself, by Gari Carter (publication pending, Donning), is scheduled for release this spring. Gari has used Hemi-Sync for about ten years, beginning when a near-fatal car accident led to a series of painful reconstructive surgeries and a friend gave her the *EMERGENCY SERIES*. She is generous in her praise of Hemi-Sync throughout the book and specific about how she used it to support her recovery. Members will remember that Gari read an excerpt from *Healing Myself* for the Fall 1992 Quarterly Tape.

Dream Lync

The Human-Dolphin Bond Project solicits details of dreams and extrasensory states

of awareness pertinent to the interface between human and dolphin consciousness. Interested readers may contact Madelyn Freeman, 3 Stanhope Place, London, W2 2HP, England.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

VANCOUVER, BC
Carol Biernat
(604) 261-2840

SCOTLAND

FIFE
Robert and Penelope Gibson
(0337) 30767

U.S.A.

BUTTE, MT
Leo McCarthy
(406) 494-3567
CAMBRIA, CA
Lealand Beck
(805) 927-4621
FINESVILLE, NJ
Pete Ennes
(908) 995-9493
HENDERSONVILLE, NC
Joe Gallenberger
(704) 693-4721
INDIANAPOLIS, IN
Shawn Casey
(317) 852-7727
LAKE CITY, SC
Jacqueline Simanek
(803) 394-8281

LAMBERTVILLE, MI
 Eileen Tucker
 (313) 856-5251
 LONDON, KY
 Pauline Johnson
 (606) 878-1907
 MARIETTA, GA
 Jan & Art Flint
 (404) 514-7901
 MONTVILLE, NJ
 Judith Lerner-Taylor
 (201) 402-8142
 NEW YORK, NY
 Ross Jacobs
 (212) 929-0661
 NEW YORK, NY
 Al Swadichuto
 (212) 228-3298
 PORTLAND, OR
 Clayton Morgan
 (503) 236-1705
 Bill Oakes
 (503) 288-5305 (w)
 PETALUMA, CA
 Hildegard Minstein
 (707) 763-7537
 SCOTLAND, CT
 Genia Haddon
 (203) 456-0646
 TEMPE, AZ
 Marcie A. Katler
 (602) 968-3021
 TOLEDO, OH
 Eileen Tucker
 (313) 856-5251

If you live within reach of any of these good people, and would like to find other nearby people to "explore" with, get in touch.

Magazines

American Dowser, Vol. 32, No. 4, Fall 1992. "What's It All About, Bob?" an article by Arthur Myers, contains an overview of TMI, Hemi-Sync, and the *GATEWAY VOYAGE*.

Natural Health Magazine, January/February 1993. The cover story, "What Is the Truth About Psychic Healing?" by Frederick Levine, showcases the work of three healers, including Leonard Laskow, MD, who was brain mapped at TMI during a healing session. TMI is described in a positive light, and Skip Atwater, TMI Brainmapping Project coordinator, is quoted extensively about our research.

New Frontiers, Fall-Winter 1992-93. The article called "Monroe Institute" by Art

Myers is a slightly edited version of his story published in the *American Dowser*. *OMNI Magazine* will include a feature article on TMI by staff writer Murray Cox. Scheduled for May publication, the article will contain background information and an experiential perspective by Murray as well as a technical sidebar by Skip Atwater. *Virginia Magazine*, Fall 1992. An article by Christine Andreae called "Phyllis A. Whitney—A Migrant Virginia Novelist" highlights the life and work of this prolific author who swears by the *Concentration* tape as an antidote for writer's block, and who lavishly praises Hemi-Sync in her interview.



HUMAN PLUS

Continued from page 4

your first impression of the *HUMAN PLUS* concept?

Barbara: When I first read the literature, I thought to myself, "That's a big order they are claiming for a tape."

FOCUS: And now?

Barbara: My initial skepticism is long gone. After three years of watching the effects of the *H-PLUS* tapes, I am a big fan.

FOCUS: What are some of the reasons for your enthusiasm?

Barbara: Well, being an educator, my initial interest was in helping my students with their learning skills, their ability to concentrate, and to deal with test anxiety and math anxiety. Since [they] attend a community college, many of them need to improve their study habits.

FOCUS: Which *H-PLUS* function exercises have worked best for general learning skills?

Barbara: Two *H-PLUS* tapes that are helpful for study are *Imprint* and *Think Fast*. Since I personally have no trouble with retention and recall, when I study I prefer to use *Imprint* to imprint the information I read the first time I read it. *Think Fast* is a great tape for those of us who desire an all-around tonic for creative thinking abilities, reading comprehension, and to apprehend more quickly. This tape has provided a positive panacea for the mental slowdown that I experienced after turning forty.

FOCUS: You spoke of students' problems with math anxiety, also. Did the tapes help with this?

Barbara: Yes, many of my students have diffi-

culty passing the math competencies in pursuit of their Associate of Arts degree. Over two dozen of them have used *Buy The Numbers* to help them pass math and to understand its principles better. This tape is a favorite among students.

FOCUS: How about study habits in general?

Barbara: The *Attention* tape has helped students enhance their focus while studying. The *Options* tape helps with their creativity.

Speak Up helps the students rather dramatically with their nervousness about speaking out in class or giving public speeches, and *Make Your Day* helps them to make the most effective use of a day and to overcome procrastination.

FOCUS: Thank you, Barbara, for sharing what you've gleaned from your application of *H-PLUS* to facilitate the learning process. [In part II of this series, we'll discuss *H-PLUS*'s impact on personal change and development.]



INNER CIRCLE BREAKS NEW GROUND IN HEMI-SYNC EVALUATION

by Julie Mazo

I *INNER CIRCLE* participants have been occupied with a complex research project for many months. It involves analysis of the results produced for different personality types by new, unpublished Hemi-Sync frequencies on tape.

While the analysis is not complete at this time, the laboratory has clear indications that the same tape can elicit extraordinarily rich perceptions for some *IC* members, and a "ho hum" reaction from others. Kinesthetic, informational, and "traveling" experiences are also reported—but not by everybody for the same tape.

This is an exciting, new area of investigation for our research lab, with tantalizing implications for future development of Hemi-Sync on tapes available to the public. We are very grateful to our *INNER CIRCLE* participants for helping us break this new ground.



HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the

core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to pro-

vide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, or to inquire if there is an *OUTREACH* Trainer near you, call (804) 361-1252. If you wish to organize a group in your locality who would be interested in experiencing Hemi-Sync training, please ask us how to arrange to bring an *OUTREACH* Trainer to you.

Here are some of the *OUTREACH* workshops scheduled for the next few months:

EXCURSION WORKSHOPS

USA	LONDON, KY	SAN FRANCISCO, CA
	May 21-22	April 17-18
LILY DALE, NY	contact <i>Pauline Johnson</i>	May 15-16
April 9, 10, 11 <i>EXCURSION/</i>	(606) 878-1907	June 19-20
<i>H-PLUS</i> Weekend	ST. LOUIS, MO	contact <i>Gini Patterson</i>
May 28-29	April 16, 17, 18 - Hemi-Sync	(415) 381-5476
June 28-29	<i>OUTREACH</i> Retreat	SCOTLAND, CT
contact <i>Cheryl Williams</i>	contact <i>Cheryl Williams</i>	May 22-23
(716) 595-3927	(716) 595-3927 or	contact <i>Genia Haddon</i>
	<i>Laura Batchelor</i> , Coordinator	(203) 456-0646
	(314) 227-8848	

OTHER HEMI-SYNC WORKSHOPS

CZECHOSLOVAKIA
GREECE
HUNGARY
MALTA
POLAND
contact *Brigitta Deckebach*
Halstenbek, Germany, 49-4101-401493 for information
about the above, or bilingual Hemi-Sync workshops in
any European country



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